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CLAIMS:

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- 1. Method of recording information on an optical disc comprising a first groove, a second groove adjacent to the first groove and a land separating the first groove from the second groove by a track pitch distance Tp where the grooves are filled with a dye, where the land is covered by the dye, the method comprising irradiating a region of the optical disc with a focused spot of optical energy having a radius R₀ between a center of the focused spot and a point in the focused spot where the optical energy 1/e times a maximum optical energy of the focused spot, characterized in that the track pitch distance Tp is less or equal to the radius R₀ times five divided by three.
- 10 2. Method as claimed in claim 1, characterized in that the track pitch distance Tp is less or equal to the radius R₀ times five divided by four.
- Method as claimed in claim 1,
 characterized in that the track pitch distance Tp is less or equal to the radius R₀ times six divided by five.
 - 4. Method as claimed in claim 1, characterized in that the track pitch is less or equal to R_0
 - 5. Method as claimed in claim 1, 2, 3 or 4, characterized in that the sections of the grooves are pits.
- 6. Method as claimed in claim 1, 2, 3, 4 or 5,
 25 characterized in that the dye has an absorption which increases with increasing absorbed optical energy.
 - 7. Method as claimed in claim 1, 2, 3, 4, 5 or 6, characterized in that the dye has a threshold for thermal decomposition or degradation and

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that the threshold is reached between the center of the focused spot and a point in the focused spot where the optical energy is equal or more than 1/e times the maximum optical energy of the focused spot..

- Method as claimed in claim 1, 2, 3 or 4, characterized in that the land is covered by a layer of the dye with a thickness at least 3 times thinner than a depth of the groove.
- 9. Method as claimed in claim 6, 7 or 8, characterized in that the dye in the groove is thermally insulated from a reflection layer
 - 10. Method as claimed in claim 1, 2, 3 or 4, characterized in that adjacent marks are spatially aligned to each other.

11. Method as claimed in claim 5, characterized in that adjacent pits are spatially aligned to each other.

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- 12. Optical disc comprising a first groove, a second groove adjacent to the first groove and a land separating the first groove from the second groove by a track pitch distance Tp where the grooves are filled with a dye, where the land is covered by the dye, for irradiation of the optical disc with a focused spot of optical energy having a radius R₀ between a center of the focused spot and a point in the focused spot where the optical energy 1/e times a maximum optical energy of the focused spot, characterized in that the track pitch distance Tp is less or equal to the radius R₀ times five divided by three.
 - 13. Optical disc as claimed in claim 12, characterized in that the track pitch distance Tp is less or equal to the radius R_0 times five divided by four.
 - 14. Optical disc as claimed in claim 12, characterized in that the track pitch distance Tp is less or equal to the radius R_0 times six divided by five.

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- 15. Optical disc as claimed in claim 12, characterized in that the sections of the grooves are pits.
- 16. Optical disc as claimed in claim 12, 13, 14 or 15,5 characterized in that the dye has an absorption which increases with increasing absorbed optical energy.
- 17. Optical disc as claimed in claim 12, 13, 14, 15 or 16,
 characterized in that the dye has a threshold for thermal decomposition or degradation and
 that the threshold is reached between the center of the focused spot and a point in the focused spot where the optical energy is equal or more than 1/e times the maximum optical energy of the focused spot.
- 18. Optical disc as claimed in claim 12,
 15 characterized in that the land is covered by a layer of the dye with a thickness at least 3 times thinner than a depth of the groove.
- 19. Optical disc as claimed in claim 16, 17, or 18,
 20 characterized in that the dye in the groove is thermally insulated from a reflection layer
 - 20. Optical disc as claimed in claim 12, 13 or 14, characterized in that adjacent marks are spatially aligned to each other.
- 25 21. Optical disc as claimed in claim 15, characterized in that adjacent pits are spatially aligned to each other.
- 22. Recorder for recording optical discs comprising means for recording information on an optical disc comprising a first groove, a second groove adjacent to the first groove and a land separating the first groove from the second groove by a track pitch distance Tp where the grooves are filled with a dye, where the land is covered by the dye, the recorder comprising irradiation means for projecting a focused spot of optical energy having a radius R₀ between a center of the focused spot and a point in the focused spot where the optical energy 1/e times a maximum optical energy of the focused spot on the optical disc,

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characterized in that the radius R_0 is greater than or equal to the track pitch Tp times three divided by five.

- 23. Recorder for recording optical discs comprising means for recording information on an optical disc comprising a first groove, a second groove adjacent to the first groove and a land separating the first groove from the second groove by a track pitch distance Tp where the grooves are filled with a dye, where the land is covered by the dye, the recorder comprising irradiation means for projecting a focused spot of optical energy having a radius R₀ between a center of the focused spot and a point in the focused spot where the optical energy 1/e times a maximum optical energy of the focused spot on the optical disc, characterized in that the radius R₀ is greater than or equal to the track pitch Tp times four divided by five.
- 24. Recorder for recording optical discs comprising means for recording information on an optical disc comprising a first groove, a second groove adjacent to the first groove and a land separating the first groove from the second groove by a track pitch distance Tp where the grooves are filled with a dye, where the land is covered by the dye, the recorder comprising irradiation means for projecting a focused spot of optical energy having a radius R₀ between a center of the focused spot and a point in the focused spot where the optical energy 1/e times a maximum optical energy of the focused spot on the optical disc, characterized in that the radius R₀ is greater than or equal to the track pitch Tp times five divided by six.